



Martial Arts & Fitness Timetable

Monday	Boxercise 10:00 – 11:00	DNA Fight Science 13+ years 12:00 – 13:00	Street Smart 8-13 years 17:30 – 18:30	Yoga 18:00 – 19:00	Kick Boxercise 19:00 – 20:00	DNA Fight Science 13+ years 20:00 – 21:00
Tuesday	Express BOOTCAMP 06:30 – 07:00	Tai Chi 11:00 - 12:00	Womens Only TRU Self-Defence 18:00 – 19:00	Wing Chun Kung Fu 19:00 -21:00		
Wednesday	Pilates 10:00 – 11:00	Kids Boxercise 8-13 years 16:00 – 17:00	BOOTCAMP 18:00 – 19:00	Boxercise 19:00 – 20:00	DNA Fight Science 13+ years 20:00 – 21:00	
Thursday	Express BOOTCAMP 06:30 – 07:00	Super Sparks 4-7 years 18:15 – 19:00	Street Smart 8-13 years 19:00 – 20:00	Urban Weapons Programme 20:15 -21:15		
Friday	Yoga 10:00 – 11:00	Super Sparks 4-7 years 17:30 – 18:30	DNA Fight Science 13+ years 19:00 – 20:00			
Saturday	Street Smart 8-13 years 09:15 – 10:15	Super Sparks 4-7 years 10:15 – 11:00	Kids BOOTCAMP 8-13 years 10:00 – 11:00	BOOTCAMP 11:30 – 12:30	Super Sparks 4-7 years 13:15 – 14:00	Street Smart 8-13 years 14:00 – 15:00
Sunday	Yoga 10:30 – 11:30					

	MAC Birmingham, Cannon Hill Park, Birmingham, B12 9QH
	Moor Pool Hall, The Circle, Harborne, Birmingham, B17 9DY
	Urban Fitness, Bournville College, Longbridge Lane, Birmingham B31 2AJ
	Martial Arts & Fitness, Unit 2, 72 Hazelwell Street, Stirchley, Birmingham, B30 2JS
	Harborne Pool & Fitness Centre, Lordswood Road, Harborne, B17 9QS
	The Factory – Young Peoples Centre, 5 Devon Way, Longbridge, Birmingham, B31 2TS